LISTING OF THE CLAIMS

1-24. (Cancelled)

25. (Currently Amended) A process for sealing and insulating a fuel cell plate, the process comprising:

providing a gas impermeable fuel cell plate having first and second surfaces;

applying ~~a coating precursor~~ an epoxy nitrile resin at generally ambient temperatures on at least the first surface of the fuel cell plate, the coating precursor adapted to polymerize or to cross-link in response to infrared radiation; and

exposing ~~the coating precursor~~ epoxy nitrile resin on the fuel cell plate to infrared radiation to initiate polymerization or cross-linking.

26. (Currently Amended) The process of claim 25, wherein the ~~coating precursor~~ epoxy nitrile resin is applied by screen printing.

27. (Currently Amended) The process of claim 25, wherein the ~~coating precursor~~ epoxy nitrile resin is exposed to infrared radiation for about less than about forty five minutes.

28. (Currently Amended) The process of claim 25, wherein the ~~coating precursor~~ epoxy nitrile resin is exposed to infrared radiation for about less than about thirty minutes.

29. (Currently Amended) An insulated fuel cell plate comprising:

a gas impermeable plate having first and second surfaces; and

a solid coating polymerized or cross-linked in response to infrared radiation at generally ambient temperatures and adhering to at least one of the first and second surfaces of the plate, the solid coating comprising an epoxy nitrile resin.

30. (Original) The insulted fuel cell plate of claim 29, wherein the solid coating is less than about 250 μ thick.

31. (Original) The insulated fuel cell plate of claim 29, wherein the solid coating is less than about 150 μ thick.

32. (New) A process for sealing and insulating a fuel cell plate, the process comprising:

providing a gas impermeable fuel cell plate having first and second surfaces;

applying a coating consisting essentially of epoxy nitrile resin at generally ambient temperatures on at least the first surface of the fuel cell plate, the coating precursor adapted to polymerize or to cross-link in response to infrared radiation; and

exposing the coating precursor on the fuel cell plate to infrared radiation to initiate polymerization or cross-linking.

33. (New) The process of claim 32, wherein the epoxy nitrile resin is applied by screen printing.

34. (New) The process of claim 32, wherein the epoxy nitrile resin is exposed to infrared radiation for about less than about forty five minutes.

35. (New) The process of claim 32, wherein the epoxy nitrile resin is exposed to infrared radiation for about less than about thirty minutes.

36. (New) An insulated fuel cell plate comprising:

a gas impermeable plate having first and second surfaces; and

a coating polymerized or cross-linked in response to infrared radiation and adhering to at least one of the first and second surfaces of the plate, the coating consisting essentially of an epoxy nitrile resin.

37. (New) The insulted fuel cell plate of claim 36, wherein the coating is less than about 250 μ thick.

38. (New) The insulated fuel cell plate of claim 36, wherein the coating is less than about 150 μ thick.